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Boat rescue No injuries after boat capsizes Page 3

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Vale centre recognized
Page 6

New attire
Dress code for Catholic schools



# **INPORTANEWS**

SERVING PORT COLBORNE · WAINFLEET · SHERKSTON · LOWBANKS · ISSUE NO. 33 VOLUME 17

For news updated daily see www.inportnews.ca

III HEALTH

## Wainfleet Niagara's 1st heart safe community

ALLAN BENNER InPort News Staff

WAINFLEET — Local paramedics have teamed up with 'Fleeters to create "Niagara's very first heart safe community," said Danny Kerr.

The Niagara Emergency Medical Services advanced-care paramedic was in Wainfleet last Saturday to deliver 10 new automated external defibrillators that will be located throughout the

township.

Instructors from Heart
Niagara taught people how to
use them.

see HEART | page 2



ALLAN BENNER Staff Photo Corner Cafe Esso owner Raj Sidhu learns to use a defibrillator that will be located at her business from Heart Niagara instructor Anita Fiorentino.



#### Penny Bagu Salot Repretentative DIRECT: 289-821-1196 OFFICE 905-834-9000

ROYALLEPAGE



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# **Terry Fox establishes Port address**



#### InPort News Staff

PORT COLBORNE -Terry Fox has a new home in the lakeside city

Volunteers for Port Colborne's annual Terry Fox run, Nancy Salvage, Rose Bye and Autumn Chevrette helped to open the event headquarters at 140 Clarence St. Friday.

Salvage said it's the first year volunteers have established a storefront location for the run and she hoped it will generate more awareness.

"The main goal is to elevate the profile of the run and it's a place to run

The store will be open Monday to Saturday 11 a.m. to 2 p.m. Volunteers will be on hand selling new and vintage T-shirts for \$20 and \$10 respectively.

Volunteers will also give information about the run. pledge sheets and more. There is no registration and no minimum pledge to participate in the run.

The volunteer crew is searching for used book donations for the Terry Fox Used Book Sale that will be

held at the store Sept. 6 to 8 from 11 a.m. to 4 p.m. To donate, drop books off at the store or call Salvage at 905-835-0442 or Bye at 905-

834-3291 The run takes place Sunday, Sept. 15 at 2 p.m. in H.H. Knoll Lakeview Park where participants can run, walk, bike, inline skate or skateboard one-, three- and

five-kilometre routes around the park. There will be a free barbecue after the race for narticinants

In 2012 more than 200 people participated to raised more than \$27,000. "I think that's pretty neat because it's more than \$1

per person who lives in Port Colborne and that's what Terry wanted - he wanted everyone to donate a dollar." Salvage said. Salvage doesn't have a

fundraising goal, she just hopes more people participate and have a nice day. "There is no failure here. There are only varying degrees of success," she said.

victoria.gray@sunmedia.ca

Twitter: @VixeyG

III HEART

# Pedal Angels have supplied 20 defibrillators across Niagara

#### FROM PAGE 1

tive to improve public access

throughout the region. It was the result of more than five months of fundraising since the team of paramedics calling themselves the For Heart event in Toronto, Pedal Angels started an initiathe Pedal Angels collected

to the lifesaving devices Through participating in the Heart and Stroke Foundation's annual Ride enough money during the

20 defibrillators now in use across the region. "We thought this is a real opportunity for us as EMS personnel to make a difference in Niagara," Kerr said. "We came up with a mission

plan to make Niagara the considered the locations for past two years to purchase safest Heart Safe community in the entire province." In February, they launched the Wainfleet Heart Safe

Community Initiative to focus their attention on the township. The paramedics carefully the defibrillators being placed at Wainfleet township hall, area businesses, churches and other public gathering places. We have these natural hubs within the community where people tend to congre-

gate on a very regular basis," Kerr said. "These are places like the golf clubs, cafes, restaurants and churches." Kerr said the defibrillators will serve people throughout

the entire area where they're located.











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# **Boat capsizes on lake**

#### InPort News Staff

PORT COLBORNE -Four people are safe after being rescued from their capsized boat last Friday. Nothing like this has ever happened to me before," said Hung Pran, after Niagara Regional Police plucked him from the hull of his capsized

Pran headed out in the morning for fishing with a group of friends - a man and two teenage girls from Mississauga.

boat.

At about 11 a.m., after about an hour on the water. Pran. from Kitchener, said the water started getting too choppy for the 18-foot aluminum fishing boat.

"The waves were way too high and the water started coming in from the back of my boat." he said, referring to the metre-high waves on Lake Erie.

"The water was coming in too much, and the boat went upside down."

The boat capsized 5.5 km off of Port Colborne. Pran and his passengers climbed aboard the hoat's hull, called 911 and waited for help to arrive. Pran said there were

five cellphones in the boat before it capsized. Afterwards, just one cellphone was still working. "We were lucky," he said with a light laugh.

Cal Peyton, a member of Pocomar, said his Coast Guard auxilary rescue team was dispatched. while the NRP's boat was already in the lake not far from the capsized fishing

By the time Peyton arrived along with fellow Pocomar members Melanie Gendreau and Scott Wolfe, police had already rescued the anglers, he said.

"It was really great that the Niagara Regional Police were in the water and were in the area. Peyton said.



HARRY ROSETTANI photo special A crane lifts a capsized fishing boat out of the water at Sugarloaf Harbour Marina in Port Colborne, flipping it upright. The boat was carrying four passengers when it took on water and capsized Friday morning on Lake Erie. No one was injured.

Gadreau said police located the boat within five minutes of being dispatched.

He said there were no injuries in the mishap and

NRP Const. Rich all four passengers were tially-submerged boat. wearing life-jackets. Peyton said the Pocomar crew - Port Colborne

Marine Auxiliary Rescue turned its attention to taking care of the par-

He said the boat was within shipping lanes and it needed to either have a flag attached to it, or it needed to be towed to

"The best scenario was where Pran awaited its to get it out of there, and we did," he added. Sugarloaf Harbour Marina,

The Pocomar slowly and carefully towed the capsized boat back to called out on this summer

arrival Peyton called the rescue

one of the most serious calls Pocomar has been - and it's getting busier.

# **INPORTANEWS**

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#### **■**0Urview

## Harper should think small for government long haul

No one was surprised when Prime Minister Stephen Harner announced he plans to run for office again. Of course. the next election isn't for two years, and anything can happen in that time. Justin Trudeau could definitely flame out before then, or his star could continue to rise. Or Harper could lose simply because voters tire of politicians for no reason other than the fact they've been seeing their faces for too long.

Regardless, what Harper essentially said was he wants to govern Canada for the next six years. Given the current alternatives, sign us up. But we've got some caveats.

So far the government has made great headway on two files that average Canadians have long known are broken: Immigration and citizenship issues and entitlements.

Friday's Post Media papers ran a sob story quoting refugee advocates who say since the Conservatives won a majority they've been meanies to deportees. But what the facts actually show is that for the first time in ages Canada is actually acting on deportation orders that should be issued.

That's as it should be But more reforms on those files are in order - as Ministers Jason Kenney and Chris Alexander have acknowledged. Make

haste, please, As for entitlements, the public sector needs theirs pruned back. They should reflect the tough but needed medicine the public felt with the Old Age Security changes.

Despite the Stop Harper fearmongering, we also need to see some steep cuts. Whether it's pork barreling or payroll bloating, the federal government is unnecessarily bleeding cash - our cash!

The big test is if Finance Minister Jim Flaherty delivers on his commitment to a balanced budget before the next election. He clearly wants to, if for nothing else than his personal legacy. If he delivers a surplus and funnels it to our debt of over \$600 billion, then that in itself should grant the Conservatives another term in office

They need to use their majority powers to reduce the size of government and its fiscal footprint. Canadians clearly wanted Harper to live up to his 2011 election promises. That's why he won a majority.

If he delivers on his small government commitment, they'll welcome him back for another term.

I'VE REEN THINKING

# Running from my pain!

DEV CORD ARRAHAM Port Colborne Baptist Church

Who, reading this, enjoys pain? Who would try to hold their hand on a redhot stove burner?

Not anyone (I hope) Most of us avoid pain like a plague.

Pain is not something we want to keep around. We will try many things and many ways to get rid of it. But. pain is part of life and for many it is unavoldable. On the flipside, it can even be a way

to grow us and draw us to a relationship with God. We live in a world that is broken, messed up, and we all know "things are

just not the way they are supposed to be" (actor, Danny Glover). Some will go to drugs, legal or otherwise, to dull the pain and get away from the awful emotions, suffering in

body, mind and relationship. Large pharmaceutical companies lay on this desire to run from pain by creating many, unheard of before,

"conditions", convincing us that we have them and then selling us the pills to

cover over the symptoms. Often, the side affects are as had as or worse than the supposed "condition".

I propose to you that much of this drug use is an escape from the pain of life, relationships and fear. We need something more comprehensive to deal with nain.

Many turn to alcohol; the drug that is seen as legitimate and socially acceptable. I agree with those who say that moderation is the right way but many more see it otherwise. Do you see the massive amount of

alcohol that is now being consumed for the main purpose to "get drunk" or to get whatever name you want to call it? In conversations with young adults, who are in my life, they tell me about their peers, and even themselves, who are binging; drinking themselves drunk on a regular basis, all the while calling it "partying", Why?

Why would someone look forward to drinking themselves silly, being sick, getting into who knows what, ending up who knows where, with who knows who? Suffering all the after-affects, but then, the next week, getting all hyped

up, so as to do it all over again. I propose to you that much of this

alcohol abuse is an escape from the pain of life. I propose to you that many who participate in this are really not "partying" for the fun of it, but are running from pain, from the stuff of life that they don't want to face, deal with or think about

The pain of brokenness is too hard to handle, so, mask it over and hopefully the pain will disappear.

There is no magic formula for freedom from pain and suffering. But, there is the promise of help to endure and go through it without the drugs, alcohol or whatever is used to mask the pain. The One who suffered and faced suffering head on offers this invitation, "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me-watch how I do it. Learn the unforced rhythms of grace, I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly" - JESUS (Matthew 11:28-30, The Message).

## ■readers'views

### Support the municipalities

I am writing in response to the writeup on page A3 of The Tribune on Aug. 6 regarding Tom Rankin's blasting of Regional Council over their support of West Lincoln and Wainfleet's opposition of wind turbines.

The municipalities have every right to make that decision and Regional Council should not interfere as it has no negative affect on the Region or any neighbouring municipalities. If anything, it could be a positive thing looking at it from a development perspective, Mr. Rankin is only concerned with his pocketbook and what he stands to lose financially

West Lincoln and Wainfleet should stick to their position and the Region should continue to support them, that's

#### what they are there for. Alfred Marinelli Port Colborne

#### Upset over skydivers

Aaah the sounds of summer, Some are pleasing, some not so much. There's the sound of songbirds in the trees while sitting outside having your morning coffee, or the laughter of children splashing and enjoying your neighbour's pool, the buzz of hummingbirds at the feeders.

Then there are sounds that are downright annoying, like the constant barking and yipping of the neighbourhood dogs, or the thumping sound of vehicles driving around with those ridiculous sound systems that don't play music, only a steady thump, thump, thump, or the

sound of sport bikes using Lakeshore Rd, as if it was the road course at Watkins Glen, or the neighbour who is obsessed with firecrackers.

But the most annoying sound along the Wainfleet shoreline is the constant drone of the airplane from the nearby skydiving club, circling overhead to gain altitude, the noise from that plane is incessant, from sun-up, to sundown, hour after hour, day after day, week after week, all year round. I live more than two miles from the airfield.

There are those people who say that the noise from a wind turbine causes headaches and other self-induced health problems, but the noise from this airplane is certainly more aggravating than any wind turbine and yet it is accepted by those same people without question. Maybe some of us should band

together, form a committee and declare Wainfleet an unwilling host to airplanes. My point is, there are things that please some people, while annoving others, things that some see as benefi-

cial, while others see as harmful, things that some see as progress, while others see as unnecessary

It is all about differences and that is what makes us who and what we are, the human race

Jim Bray Port Colborne

#### Letter about autistic boy hateful

The hate-filled letter sent to a woman

in Newmarket whose 13-year-old grandson is disabled with autism is a perfect example of how some people in Ontario regard anyone with a disability. He should be euthanized, nobody will ever hire him or marry him or love and he will be a drain on society. People with disabilities hear this every day within segments of society

How we are leeches for getting social benefits. That our benefits should be cut to the lowest levels possible. Our medication and supplies are costing the government too much be it provincial or federal

It's the dirty little secret most disabled communities know about but don't discuss onenly

Look at the Latimer case years ago, in which a father because he couldn't handle seeing his severely disabled 12-year-old daughter 'suffer' killed her. Oh, poor Mr. Latimer, it was a merciful act, he's a good parent. And the "Christians" were writing letters on his behalf until he was finally paroled. Probably even will get a pardon eventually So that's why as a person with a dis-

ability and the daughter of a woman with MS, is not too terribly surprising that someone would write such a letter. Despite it's overtly hateful nature, it's how the average Canadian regards someone with a disability. When my mother was diagnosed with MS, parents wouldn't allow their teenage children to come to my house lest they catch MS. MS isn't contagious.

see LETTERS | page 5

# Free parking at hospital?

#### FROM PAGE 4

I had a very well known and prestigious university try to deny me my teaching certificate because "no board of education" would hire a blind teacher. And that's just in my life. There are numerous examples of how Ontarians and Canadians really think of disabled person.

Did you know that the unemploy ment rate for people with disabilities is the same as it was in the 1970s, despite being in charter of rights and freedoms? Yeah last hired, first fired in most cases, if they even get in the door.

Canada mouths all the right words about disabilities and disabled citizens but in reality it doesn't walk its walk or talk its talk.

Liz Seger Part Colborne

# Hospital parking should be

Another tax has been implemented on the aged, sick and those with a disability. This time paid parking for those with a disability permit, which used to be free, both within Welland and

Welland hospital.

Ms. Stephens-Woods, vice-president of patient services, and Ms. Bourque-Wiley, spokeswoman, seem not only to work for tNiagara Health System, but

also for the Ministry of Mis-Information. To put gated parking at the Welland site for everyone, including those with a disability permit, brings us in line with other hospitals within Niagara Health

System, states Ms. Stephen-Woods. If this is so, then why do they provide for eight to 10 permit parking spaces for free outside of the new St. Catharines hospital paid parking area?

To also say that the revenue generated from paid parking goes back into patient care is another misleading statement. The revenue generated from parking

goes to Paladin Security, a private company, whose aim is being to make a profit, something that you in Niagara Health System do not have to contend with, Any money left over may be returned

to the hospital for patient care. As an aside, do the executives of the NHS pay for parking or do they have a free card? David Roone

Welland

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# Port Colborne gets kudos for Vale centre

#### ALL AN RENNED

PORT COLBORNE Whether it was Port Colborne's Vale Centre, Welland's infrastructure needs, Pelham's kame or Wainfleet's wind turbine fight, south Niagara communities made their presence known at last

week's Association of Municipalities of Ontario (AMO) conference.

For Port Colborne's chief administrative office Robert Heil, the highlight of the four-day conference in Ottawa was receiving a prestigious award recognizing the city's use of two years of gas tax funding to help pay for the \$35-mil-

lion Vale Health and Wellness Centre.

"We're ecstatic. The award is very prestigious. I don't know any other way to describe it. Out of 444 municipalities across the province with populations ranging from 10,000 to 75,000," Heil said last week after returning from the conference.

Port Colborne won the

this city has done really right in respect of its building of the Vale Health and Wellness Centre."

He said he was presented with the city's 2013 Gas Tax Award by Premier Kathleen Wynne and Greg Rickford, the minister of state for science and technology, in front of 1,600 delegates.

"At that same time there were 20 provincial cabinet ministers in attendance to witness what we've been doing at the local level," Heil added

see AWARD | page 7

Port Colborne CAO Rob Heil, centre, accepts a Gas Tax Award for Vale Health and Wellness Centre from Association of Municipalities of Ontario resident Russ Powers, left, and Greg

Rickford, minister of state for science and technology.

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# **Government continuing to fund infrastructure**

FROM PAGE 6

Port Colborne used two years of money it receives through Canada's Gas Tax Fund - \$1-million - to help ensure the facility would obtain Leading in Energy and Environmental Design (LEED) silver that money

certification. Welland's AMO representative, Ward 3 Coun. Paul the city's infrastructure Grenier, was particularly pleased about the province's ongoing commitment to providing small, rural and northern municipalities

with \$100 million in infrastructure funding. "The cheques should be flowing by Oct. 1," said Grenier, an AMO board

member He said all Niagara municinalities, with the exception of St. Catharines, are small enough to receive a share of

Grenier said he also had an opportunity to talk about needs with Glen Murray, Ontario's minister of infrastructure and minister of

transportation

ing to members of Ontario Small Urban Municipalities (OSUM), sharing concerns that small communities are not well looked after by current policies and programs.

about 10 minutes talk-

Grenier said city representatives also met with representatives of the Ministry of Energy to discuss the city's Feed-in-Tariff application as well as the need for lower priced energy for local companies.

"There are a lot of companies that are competing against jurisdictions with He said Murray spent much lower energy costs. We made that case to the government, and we've scheduled meetings to move forward with that," he said.

Pelham Mayor Dave Augustine had an opportunity to bend the ear of Minister of Natural

Resources David Orazietti, hoping to work toward resolving a long-standing issue in the town.







# Pharmacists DRUGS AND ALCOHOL

Unfortunately mixing alcohol with certain types of prescription medications can be dangerous. Alcohol can increase the risk of severe CNS depression when taken with opioids, benzodiazepines and barbituates. Alcohol can also affect drug metabolism (breakdown to active components), or the absorption of some drugs. Chronic alcohol intake can also cause problems with certain medications because of the effect it has on the liver and specific drug metabolizing enzymes.

Chronic alcohol use increases acetaminophen (TYLENOL) metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can due to your liver. Chronic alcohol use along with NSAIDS (Ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make people quite ill. When taken to together a patient may

experience low blood pressure, shortness of breath, facial flushing, and nausea. Diabetic patients taking hypoglycemics such as GLYBURIDE or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients

should limit alcohol to an occasional single drink. Any patient on medication for sleeping should be careful of alcohol consumption because of the additive affects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This

could be more likely to happen if a person mixes alcohol with their sleep medication. This same problem could exist when patients mix alcohol and opiates

It is always wise to consult your pharmacist or physician if you receive a

new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.

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house at 361 Hellems Ave., Welland, starting at 5:30 p.m. Dinner ticket \$12, gulyash \$4, langos \$2. Tickets available at Welland Hertiage Council and Multicultural Centre, 26 East Main St., or call Klara Szabo at 905-732-5865

## AUGUST :

presented as a thanks to the community by Niagara Skydive Centre at about 9 p.m. Watch the skies above Niagara Central Airport in Pelham.

#### SUNDAY SEPTEMBER 1

FAMILY DAY at Glerwood Park, presented by Dain City Recreation Committee, featuring a parade, scavenger hunt, carnival games, bouncy house, a food truck, fireworks and the band No Class. Contact Kristy Thibault at 905-328-3662 for more information

# SEPTEMBER 3

WIN (Widows Information Network) is a group in its fourth year just for widows. Meeting at Faith Tabernacle

church cafe (Fitch St. and South Pelham Rd., Welland) 7 p.m. to 9 p.m. (doors open at 6:30). Pelvic physiotherapist Karen Tausenfreund will explain what it is she does to help people in varying stages of incontinence and other related concerns. No charge. Tea/coffee provided. All widows welcome

# WEDNESDAY SEPTEMBER 4 MUSIC MAN AUDITIONS

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#### WELLAND EASTDALE ALUMNI

will meet in the school library at 7pm. Meetings are open to all former students and teachers. Visit www.eastdalealumni.com for info on our upcoming Atlantic City trip and other fundraising events.





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SEPTEMBER 9 NIAGARA BEEKEEPERS Association meets at the NRPS community room, 5 Lincoln St., Welland, 7 p.m. MORE LISTINGS PAGE 11





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3/4

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#### KNITTING CIRCLE

at Wainfleet Township Public Library, 6:30 p.m. to 8 p.m. This drop-in knitting club will meet to knit together, share patterns, help each other and learn how to knit. Crocheting is welcome.

SCRAPPY CLUB DROP-IN Work on your latest cardmaking or scrapbooking project with others at Pelham Public Library. Swap table

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INDUSTRY



MARYANNE FIRTH Staff Photo J. Oskam Steel Fabricators Ltd. in Port Colborne is undergoing an extensive plant expansion, adding 1,620 square metres of manufacturing space to its plant at Elm St.

# Fifty new jobs at Oskam Steel

MARYANNE FIRTH InPort News Staff

PORT COLBORNE — J. Oskam Steel Fabricators Ltd. is undergoing an extensive plant expansion that will create up to 50 new jobs in Port Colborne.

The company that specializes in custom steel fabrication, modular skid manufacturing and plant maintenance will be adding more than 1,620 square metres of manufacturing space to its existing plant at Elm St. and Rosedale

Oskam will use 0.48 hectares of land purchased from the City of Port Colborne, as well as lands adjacent to the plant for the expansion.

The new building will be used for final assembly for modular skid manufacturing and to make more room for steel fabrication in the existing facilities.

Construction is expected to begin shortly after the company obtains permits, which it is in the process of

doing.
"As we continue to grow our business, the new space will allow us to take on more work and let us add efficiencies to stay competitive," operations and plant manager Kevin Langerak said in a news

"We have built our reputation and

success on the calibre of our products and the skill of the trades professionals who work with us, and are proud to have assembled one of the finest teams in

Nagara.

"As a result of the dedication and commitment of the people in our shop, our company is growing and strong. It feels good to be able to say that together, as a company and employees alike, we all share credit for bringing jobs to Port

Colborne's economy."

The company employs more than 150 people including welders, plate and structural fitters, machinists, millwrights, pipe fitters, electricians, pneumatic and hydraulic tubers, painters, mobile crane operators and engineers.

"As a leader in its field, Oskam's solid growth and outstanding reputation reflect well on our city," said Mayor Vance Badawey.

"Their expansion elevates our manufacturing cluster while highlighting our community's priority of business expansion and retention. Having good jobs close to home strengthens our economic strategy, helping make our community a desirable place to live, work and play," he said.

maryanne.firth@sunmedia.ca I Twitter: @mfirthTribune



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# Dress code in effect for Niagara's Catholic elementary schools

VICTORIA GRAV InPort Newsf

Collee will spend more than \$1,000 to send her children to school. But she's looking WELLAND - Chandra forward to it.

The Collees have eight children; six attend St. Kevin Catholic School, where a dress code policy will be in effect.

"We've had to save and cut back on some things this summer, but I think it will be worth it in the long run," she says.

Some of her children weren't too happy when they found out they couldn't wear their favourite shirt or run-

ning shoes to school, but now seem to be OK with the idea. see CLOTHING | page 18



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# Some advantages to new dress code

FROM PAGE 16

Niagara Catholic District School Board last November voted to approve a standardized dress code policy for its elementary students starting in September.

It does advantages. "There won't be as much conflict in the morning because there will only be so

many options," Collee says "There's a lot to do in the morning with all of them and then driving them to school It will be nice to have one less thing to worry about."

All students in Niagara's Catholic elementary schools must now wear a navy or white polo or oxford shirt and navy pants, shorts, skirts or capris or navy dresses.



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